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January 2 - May 31, 2015

MONDAY		
5:45 - 6:45 am	 <b>LES MILLS BODYCOMBAT</b>	Tara
8:00 - 9:00 am	Cardio Sculpt 	Tamra
9:10 - 10:10 am	Boot Camp** 	Michelle
9:10 - 10:10 am	Hiit 	Crystal
10:15 - 10:45 am	 Yoga Stretch 	Andi
11:00 am - 12:15 pm	Gentle Yoga* 	CM
11:45 am - 12:45 pm	 <b>LES MILLS BODYPUMP</b> 	Shondra
1:30 - 2:30 pm	 SS Classic*	Sonia
4:15 - 5:15 pm	 <b>ZUMBA</b> 	Helene
5:25 - 6:25 pm	Ride 60 	Crystal
6:00 - 7:15 pm	All Levels Yoga* 	Wendy
6:35 - 7:35 pm	 <b>LES MILLS BODYPUMP</b> 	Tara
7:45 - 8:45 pm	Pilates	Wendy
TUESDAY		
5:45 - 6:45 am	 <b>LES MILLS BODYPUMP</b>	Tara / Heidi
5:45 - 7:00 am	Total Body Conditioning**	Michelle
8:00 - 9:00 am	Lift and Shift 	Crystal
8:45 - 9:45 am	 SS Classic* 	Wendy
9:05 - 10:05 am	All Levels Yoga* 	Nikki
9:10 - 10:10 am	 <b>LES MILLS BODYPUMP</b> 	Trimbi
9:30 - 10:30 am	Mommy Intervals** 	Crystal
10:20 - 11:20 am	Ride 60 	Trimbi
1:30 - 2:30 pm	 SS Circuit* 	Sonia
4:15 - 5:15 pm	 <b>Nia</b> 	Kim
5:25 - 6:25 pm	 <b>LES MILLS BODYPUMP</b> 	Wendy
5:00 - 5:45 pm	Boot Camp** 	Michelle
6:15 - 7:15 pm	Barre Tone* 	Tamra
6:35 - 7:35 pm	Step Intervals 	Wendy
WEDNESDAY		
5:45 - 6:45 am	Ride 60	Heidi
8:00 - 9:00 am	Muscle Conditioning 	Crystal
8:45 - 9:45 am	 <b>ZUMBA</b> Gold* 	Sonia
9:10 - 10:10 am	Boot Camp** 	Shalee
9:10 - 10:25 am	Total Body Conditioning 	Michelle
10:35 - 11:35 am	Power Yoga 	Trimbi
11:00 am - 12:15 pm	Gentle Yoga* 	CM
11:45 am - 12:45 pm	 <b>LES MILLS BODYPUMP</b> 	Tara
1:30 - 2:30 pm	 SS Classic* 	Wendy
4:15 - 5:15 pm	 <b>ZUMBA</b> 	Helene
5:25 - 6:25 pm	 <b>LES MILLS BODYCOMBAT</b> 	Jaala
6:35 - 7:35 pm	 <b>LES MILLS BODYPUMP</b> 	Natasha

THURSDAY		
5:45 - 6:45 am	 <b>LES MILLS BODYPUMP</b>	Heidi
5:45 - 6:45 am	Hiit**	Liz
8:00 - 9:00 am	Barre Tone 	Tamra
8:45 - 9:45 am	 SS Circuit* 	Sonia
9:10 - 10:10 am	 <b>LES MILLS BODYPUMP</b> 	Wendy
9:30 - 10:30 am	Mommy Intervals** 	Crystal
10:20 - 11:20 am	Pilates 	Wendy
1:00 - 1:45 pm	Senior Cycle	Tamra
4:15 - 5:15 pm	 <b>Nia</b> 	Kim
5:25 - 6:25 pm	 <b>LES MILLS BODYPUMP</b> 	Beth
6:35 - 7:35 pm	Ride 60 	Shalee / Liz
7:30 - 8:45 pm	Yoga	Robyn
FRIDAY		
5:45 - 6:45 am	Ride 60	Michelle
8:00 - 9:00 am	30 / 30 	Crystal
9:00 - 10:00 am	Gentle Movement* 	Wendy
9:05 - 10:05 am	All Levels Yoga* 	Nikki / Andi
9:10 - 10:10 am	Hiit 	Michelle
10:20 - 11:20 am	 <b>LES MILLS BODYPUMP</b> 	Wendy
11:30 am - 12:00 pm	Express Core 	Wendy
SATURDAY		
7:10 - 8:10 am	 <b>LES MILLS BODYCOMBAT</b> 	Shondra
8:20 - 9:20 am	 <b>LES MILLS BODYPUMP</b> 	Trimbi / Natasha
8:45 - 9:45 am	Barre Tone* 	Tamra / Liz
9:30 - 10:30 am	Cardio Circuit 	Wendy
10:40 - 11:45 am	Yoga 	Wendy
11:55 am - 12:55 pm	 <b>LES MILLS BODYPUMP</b> 	Tara
SUNDAY		
8:10 - 9:10 am	Ride 60 	Rotation
9:20 - 10:20 am	 <b>LES MILLS BODYPUMP</b> 	Wendy
10:30 - 11:45 am	All Levels Yoga* 	Robyn
10:35 - 11:35 am	 <b>Nia</b> 	Kim
4:30 - 5:45 pm	Yoga	Wendy

Fitness classes are included with ECC membership passes and daily admission fees.

Children ages 13 - 17 may participate in fitness classes.

Must be 15 to participate in BODYPUMP™.

Please pick up a number at Guest Service to reserve your spot for BODYPUMP™, BODYCOMBAT™, Cycling and Hiit classes

\* Classes are held in the Community Rooms

\*\* Classes meet in the gym



KidStation Available (6 months - 6 years)

Schedule subject to change. Visit [www.erieco.gov/fitness](http://www.erieco.gov/fitness) for updates.

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# ERIE COMMUNITY CENTER: FITNESS CLASS DESCRIPTIONS

## GROUP FITNESS

**30 / 30:** 30 minutes of cycle and 30 minutes of muscle conditioning

**Gentle Movement:** This class begins with gentle stretching and range of motion training, followed by balance work, light weight training, and strengthening exercises to increase bone density.

**Barre Tone:** An intense ballet barre & floor workout that will strengthen, lengthen & sculpt your legs, glutes & core muscles.

**BODYCOMBAT®:** An empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines, such as karate, boxing, Taekwondo, Tai Chi and Muay Thai.

**BODYPUMP®:** Hailed as the “Fastest Way in the Universe to Get in Shape.” This is a strength and endurance training class where muscles collide! Low on complexity but high in fun, BODYPUMP™ has all of the benefits of traditional weight training combined with time efficiency and predictability.

**Boot Camp:** Get into peak physical condition by integrating functional strength training, cardio intervals and core conditioning. A high energy class sure to get your heart pumping and your muscles working.

**BOSU:** Enjoy an exciting workout on a unique piece of equipment! Segments of cardio conditioning, core work and balance training. This innovative class will help you strengthen your core improve balance, build muscle endurance and burn calories.

**Cardio Circuit:** A combination of step, kickboxing and stretching. The choreography is varied with aerobic moves and all over body strengthening exercises.

**Cardio Sculpt:** Get ready to break a sweat as you challenge your cardiovascular endurance and strength all in one class. This combination class will use cardio and strength moves to keep your heart rate up as you power through this total body workout.

**Express Core:** A 30-minute class covering a variety of exercises aimed at strengthening the abdominal and lower back muscles.

**Hiit:** High Intensity Interval Training is a great class for anyone looking to burn fat, increase endurance and improve overall fitness level. Short burst of intense effort followed by moderate to low, active recovery will challenge the most seasoned exerciser while providing fast results to beginners. Class format changes weekly to keep you on your toes.

**Lift and Shift:** Combine quick interval drills on the spin bike for endurance training along with strength training exercises for a total body workout.

**Mommy Intervals:** Bring baby in his/her stroller and get a great workout with cardiovascular and strength intervals. Modifications will be made to accommodate all fitness levels. Infants ages 6 weeks to 9 months are welcome in a stroller (babies are not required).

**Muscle Conditioning:** Mix up your strength routine with this total body strength workout utilizing a variety of equipment and exercises to keep your challenged and motivated. Never the same workout twice.

**Power Yoga:** Combining stretching, strengthening moves and basic calisthenics-type exercises, Power yoga offers continuous movement from one position to the next, creating an effective aerobic and anaerobic workout for beginners and experts alike. The superbly athletic focus and music-driven feel helps to power you through this diverse workout.

**Ride 60:** Indoor cycling at its best! We will guide you through a creative and effective workout with coaching techniques to ensure you have a positive riding experience.

**Step Interval:** This is a fun step class containing energetic intervals for more intensity.

**Total Body Conditioning:** A total body workout you won't soon forget! Start with 30-minutes on the bike, move to 30-minutes of non-choreographed strength and cardio drills. Top it off with a well deserved cool down and full body stretch.

**Zumba®:** A fusion of Latin and International dance music themes that create an exciting, unique and fun fitness class! The routines feature aerobic interval training with a combination of fast and slow rhythms.

**Zumba Gold®:** A series of fitness programs specifically designed to take the exciting Latin and international dance rhythms created in the original Zumba® program and bring them to the active older adult, the beginner participant, and other populations that may need modifications for success.

## MIND BODY

**All Levels Yoga:** Basic to extensive yoga experience is appropriate for this class in which poses will be taught with suggestions for both minimizing and maximizing the intensity. An exploration of forward and backward bends, twists, balance poses, inversions, relaxation and breath work will be included.

**Gentle Yoga:** Both beginning and experienced students will benefit from a focus on the fundamentals of form and alignment in basic poses. Participants will work on improving balance, building strength and increasing flexibility. Occasional intermediate poses will be introduced.

**Nia®:** Promotes strength and muscle definition through a fusion of martial arts, healing arts and dance. Its holistic approach unites the body and mind, and creates an exhilarating workout anyone can follow. All Nia® movements are adaptable and can be personalized for any level of fitness and agility.

**Pilates:** Is a rhythmic, focused exercise that connects one movement to the next, building greater endurance, flexibility, strength and performance.

**Yoga:** Yoga views health as a unity of body, mind and spirit and includes a wide variety of yoga postures, breathing exercises, relaxation and meditation techniques. A beginner/intermediate level class.

**Yoga Stretch:** Leave your shoes on and get ready to move in this 30 minute yoga class.

## SILVERSNEAKERS® FITNESS PROGRAMS

**SilverSneakers® Classic :** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

**SilverSneakers® Circuit:** Combine fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work using hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, head to toe stretching, and complete relaxation in a comfortable position.